

## **HOUR OF POWER GROUP CONSCIENCE**

### INDIVIDUALS

1. To host a meeting, an individual must have 6 months or more of sobriety. There is no time requirement to co-host or greet at our meetings. One does not need to be a homegroup member to sign up for a hosting, co-hosting or greeting position. An individual can hold more than one service position at a time, if there is need for it. An individual may only sign up to host one Daily Reflections meeting in a single term, unless there are unfulfilled positions a week before the new rotation. Each hosting, co-hosting, and greeting position is held for four months at a time (October – end of January, February – end of May, June – end of September).

2. 5 Years of Sobriety required for Group Chair Position, possible exceptions. 5 Years of Sobriety required for Treasurer Position. 1 Year of Sobriety required for all other Officer Positions. Length of time each Officer Position is held for:

Group Chair – 2 Years  
Treasurer – 5 Years  
Secretary – 1 Year  
Assistant Secretary – 1 Year  
Literature Representative – 2 Years  
Coin Representative – 2 Years

3. Treasurer will handle the group's PayPal account and finances. For security purposes, a second trusted servant of the group (with 1 year or more of sobriety) will have access to the group's bank account.

4. A \$1,000 Prudent Reserve is kept aside, to purchase:

-Zoom account yearly (\$160)  
-Homegroup Website yearly (\$120)  
-Literature (10 of each book, \$250, or as needed) -Coins (\$120, or as needed)

5. Treasurer will check up on finances and disperse excess to Central Services after every 3 months (40% to Rockland County Intergroup, 30% to World Services, and 30% to SENY). Once the finances reach \$2,000, the Treasurer will disperse the excess accordingly.

6. Phone List: Secretary keeps a phone list for Homegroup Members to reach out to each other if they choose, adds to it as people request to have their number shared, and disperses an updated Phone List through email as more people are added.

### BUSINESS MEETINGS

1. Business meetings are held on the third Thursday of every month at 7:15 pm, after the 6 pm Beginners Meeting.

2. Business meetings to be no longer than 45 minutes, starting at 7:15 and ending at 8 pm.

3. New motions must be seconded before discussion. Follow "Roberts Rules of Order."

4. All motions need majority support to pass.

## MEETING PLACE

1. Verification Emails: If a host or co-host receives a message in the chat, asking for verification that an individual has attended one of our meetings, the host or co-host may email [hourofpowergroup@gmail.com](mailto:hourofpowergroup@gmail.com) with the individual's name, email, and which meeting they need verified. A confirmation/verification email will be sent from the Homegroup email, as to leave the host or co-host's personal email address anonymous.

2. Timekeeping: The purpose of timekeeping is to allow time for everyone to share if they wish. A timekeeper is not required at Hour of Power meetings, however there are ways to help out with the matter if needed.

- A Host or Co-host may be or appoint a Spiritual Timekeeper at any time, before or during a meeting. An appointed timekeeper may play a sound of some sort when an individual has shared for 2 and a half minutes, then say "Time" when the individual has shared for 3 minutes.

- As the meeting scripts say, "please keep shares to 3 minutes so that more people have time to share," Host can bring that up during meetings.

- A Host or Co-host can watch the amount of people with hands up, and bring awareness to the group.

- If someone shares for more than 5 minutes, it can be mentioned that, "we request that shares be kept to 3 minutes, so that more people have a chance to share."

3. We do discourage cross-talk. Cross-talk is giving advice to others who have already shared, speaking directly to another person rather than to the group, or questioning or interrupting the person speaking at the time. Advising or lecturing, no matter how well intended or subtle, is cross-talk.

4. Disruptive Participants and the Waiting Room: There may be a participant who disrupts the meeting, whether an Alcoholic under the influence, someone clearly cross-talking to a disruptive extent, or just someone outside of AA who is "Zoom Bombing" the meeting (displaying or saying inappropriate things at inappropriate times). If any member poses a physical threat to another member, or anyone attending the meeting, they can be asked to leave, put in the waiting room, or removed completely. More information about how to place someone in the waiting room or remove them completely can be found in the "Hosting Guidelines" section of our website.

## LITERATURE

1. All books are available at "Our Price, Your Terms," and can be ordered through the [hourofpowerrockland.com](http://hourofpowerrockland.com) site, on the "Resources" page. We have five books available, and here are their suggested donations:

- • Big Book – \$9.50
- • Twelve and Twelve – \$8.25
- • Living Sober – \$5.00
- • Daily Reflections – \$10.25
- • As Bill Sees It – \$8.60